

Motherwort

Latin Name: Leonurus Cardiaca

HEART Tonic; FEMALE Issues

Use Whole Plant

Native to Central EUROPE; Scandinavia; Russia; Central ASIA

HISTORY

- 1) Culpeper wrote: "There is no better herb to drive melancholy vapours from the heart, to strengthen it and make the mind cheerful, blithe and merry."
- 2) NATIVE AMERICANS: Uterine Stimulant; Menstrual disorders

QUALITIES

- 1) Components: Vitamin C; Calcium; Potassium; Tannins; Bitter
 - 2) HEART TONIC: Weak Heart; Intermittent pulse; Palpitations; High Blood Pressure; Cardiac Disorders
 - 3) FEMALE: Suppressed or irregular menstruation; Vaginitis; Cramps; Uterine Tonic
 - 4) NERVES: Nerve Exhaustion; Fainting; Anti-spasmodic; Epilepsy; Calms Nervous Irritability; Disturbed Sleep; Anxiety Attacks
- STUDY (anxiety): ...improved the emotional state in anxious young subjects. (Ovanesov 2006)
 - 5) NEURALGIA; Painful Joints; Rheumatism
 - 6) OTHER:
 - Low Fevers; Flu; Chest Colds; Chills; Pulmonary congestion
 - Indigestion; Laxative; Worms
 - Diuretic
 - Liver
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Motherwort References

Herb History and General Information

Blumenthal M, Goldberg A, Brinckmann J, eds., *Herbal Medicine Expanded Commission E Monographs*. Austin, TX: American Botanical Council; Newton, MA: Integrative Medicine Communications; 2000
Christopher, Dr. John R., School of Natural Healing. Provo, Utah: BiWorld Publishers, Inc.; 1976. Also, 20th Revised and Expanded Anniversary Edition, Springville, Utah: Christopher Publications, Inc.; 1996; pp 325-329

Culpeper, Nicholas, M.D. and Thomas Kelly, *The Complete Herbal*, [Culpeper-Orig 1653] updated and revised; Compiled using additional writings from Culpeper legacy. London: Thomas Kelly; 1846

Felter, Harvey Wickes, M.D., and John Uri Lloyd, Phr. M., Ph.D., *King's American Dispensatory*; 1898. See excerpts at <http://www.henriettes-herb.com> accessed July 23, 2014

Grieve, M., *A Modern Herbal, Vol I & II*. New York and London: Hafner Publishing Co.; 1967. See excerpts at www.botanical.com accessed July 23, 2014

PDR (Physician's Desk Reference) for Herbal Medicines. Montvale, New Jersey: Medical Economics Company, Inc.; 1998; pp 932-933

Studies

Ovanesov KB, Ovanesova IM, Arushanian EB. [Effects of melatonin and motherwort tincture on the emotional state and visual functions in anxious subjects]. Eksp Klin Farmakol. 2006 Nov-Dec;69(6):17-9. [Article in Russian] [PubMed]

Additional info on Studies:

ANXIETY

Chronic administration of melatonin improved the emotional state in anxious young subjects but decreased the thresholds of retinal brightness sensitivity. The analogous changes were less pronounced after the treatment with common motherwort tincture. [Article in Russian] Ovanesov 2006

The chronic administration of melatonin (0.75 mg at night, 10 days) led to a significant decrease in the thresholds of retinal brightness sensitivity and improved the emotional state in anxious young subjects. Analogous (similar) changes were less pronounced after the treatment with common motherwort (*Leonurus cardiaca*) tincture. It is suggested that there is a relation between the limitation of anxiety and the improvement of visual function (sensitivity). (Ovanesov 2006)